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Chichester speeders targeted in Sussex Police operation

A DAY of action was aimed at repeat speeding yesterday.

Officers took part in the Auto Mock Road, Southdown, near Chichester.

POD Jason Lewis said: "We have listened to local residents who have raised concerns over speed on this road and want to see it safer."

"This day will form part of an ongoing operation where we will continue to work with local residents to deal with the issue of speeding and other road related offences."

Several vehicles were pulled over and dealt with for various offences including driving whilst on mobile phone, not wearing a seatbelt, exceeding the speed limit and two



drug seizures were also carried out. Officers also stopped 22 vehicles at Southdown, Chichester, for offences including exceeding the speed limit and not wearing a seatbelt.

Police investigating spate of car vandalism across Chichester

A SPATE of attacks has left many vehicles damaged across Chichester.

Police are investigating the spate of vandalism across Chichester and the surrounding area.

In Clarendon Lane, Westhampstead, on June 13 a car had its rear window smashed and a handbag was stolen.

On June 14 at 4pm in Mico Road, Huddersdon, a car was broken into and cash stolen.

On the afternoon of June 12 in Kennel Hill, Goodwood, a car was broken into and a laptop stolen.

Between May 15 and May 16 in Highland Road, Chichester, a car had its window smashed.

During the same period in Kings Avenue, Chichester, a car had its passenger door smashed.

Anyone with information should call District Police on 101.

Students to raise funds through football walk

THE University of Gloucestershire students are taking a break from study to raise money and awareness of the homeless through a football walk.

Sports Development students Chris Pedretti and George Haines began their walk at the University's Badbury Other Campus on Monday 11th June and finish on Monday 18th July at Brighton and Hove Albion's AMEX Stadium. In total the duo will cover 100 miles over the 10 day period, raising 100p a mile including Portsmouth, Arsenal, Tottenham, Chelsea, West Ham, Charlton and Crawley.

To contribute to the fund, go to www.jogyparties.com/ChrisPedretti.

The Homeless World Cup Foundation uses football to empower and empower people who are homeless or excluded to change their own lives. The Homeless World Cup supports gear and football development programmes over 10 years triggered by the Homeless World Cup, an established international football tournament.

The 10th tournament takes place at Poznan, Poland in August and Chris and George will be helping to raise funds along with 10 other students.

Chris says: "We are very appreciative of any donations that people are willing to contribute towards this amazing cause, as well as the support we've received from the various well known football clubs. Charlton gave us a signed ball to sell, and Crawley



Chris and George Haines looking at the Homeless World Cup.

gave us a signed football which we're selling on eBay."

To keep up to date with their progress follow them on Twitter @GHC2_HWCwalk.

For more information about the Homeless World Cup Foundation, go to www.jogyparties.com/fund.



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Sunday 23rd June 2013

11.00am - 5.00pm

Selsey, West Sussex



Selsey Lifesaving Station Photo: Donna Tinsdale

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★ **NEW gardens for 2013**

Admission £5 adult, under 12s free (under 12s must be accompanied by an adult)

Admission Programme (includes map and description of each garden) available in Selsey from: Country Gardens, Greengrocer, Sun mit bikes and The Selsey Florist.

On sale from Saturday 25th May and in participating gardens on the day

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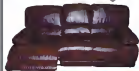
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Top names set for Goodwood

WITH JUST ONE month to go until Goodwood opens the doors to the much anticipated centenary Festival of Speed (14-16 July), the inclusion of top motor sport names confirmed to be in action at this summer's world-famous event are stretching to over 120 stars, past and present.

The Festival of Speed remains unique in its ability to attract the quantity of the most recent Formula 1 teams and drivers, with seven of the top seven F1 teams confirmed for Goodwood and side Rod Bull Racing, Scuderia Ferrari, Vodafone McLaren Racing, Lotus, Mercedes GP, Marussia and Caterham. Current F1 drivers and leading characters to arrive at the Festival will include previous World Champions, Jenson Button and Lewis Hamilton, as well as Nico Rosberg, Thomas Grosjean, Max Chilton, Jarno Trulli, Sebastian Buemi, Mark Webber, Heikki Kovalainen and Adrian Newey.

Past Goodwood winners present at this summer's Festival of Speed will include Alain Prost, Nelson Piquet, the late Niki Lauda, the late Jackie Stewart, John Surtees, Nick Heidfeld, Jordan Marx, Emanuele Pittagallo, and Rene Arnoux, alongside a roll-call of other motor sport stars at Goodwood that reads like a Who's Who of motor racing. In total, 37 Grand Prix winners will be in action, with a total of 100 GP wins between them.

One of the great Festival of Speeds

moments will be when Sir Jackie Stewart, who won the 1973 British GP 47 years before he launched the Goodwood Hill as a record time of 45.4 seconds in 1979. His record remains.

From the world of rallying, BBC Champion, Andreas Mikkelsen will be sporting good as the new VW Polo R WRC, as well as special double World Champion Carlos Sainz, whilst Britisher Colin McRae. Jolyon Palmer will also be in full flight as third Goodwood Forest Rally Star. Other rallying greats who will be recognised with the stars that made them famous will include Colin McRae, Jyrki Kontinen, Marcus Grönholm, Juha Kankkunen, Jarmo Mäkinen, Risto Lyytikäinen and Juha Kankkunen.

All of the drivers participating in this summer's Festival of Speed, as well as the many top competition riders, will appear on the midway leading into the main Blacklock Drive-Club throughout the event, giving Festival goers and fans the rare opportunity to see their heroes up close, and possibly even have a word with them.

A host of other star drivers and riders, plus cars and motorcycles from some of the world's major motor sport championships, grand and present, will also be featured at Goodwood, including champions from Formula 1, IndyCar, the World Rally Championship, Superbike, NASCAR, World Sports Cars



and Touring Cars, plus Lotus Evija Roadster bikes.

Goodwood is receiving many of the outstanding Festival of Speed moments from the 1990s to the 2010s, including over 100 great machines from all of the world, either being as New Zealand, Simba, Japan and the USA, all making a very rare return to the UK. The centenary Festival of Speed will also see many famous and modern periods covered, including three-time Formula 1 World Champion Nelson Piquet returning to the cockpit of his celebrated Brabham BT22,

in which he scored the only crown.

These, along with a host of other memorable and other attractions, vehicles and transportation to Goodwood, plus a number of unexpected treats, will provide a fitting birthday party for the world's greatest celebration of motor sport history and excellence.

This is not an exaggeration of the drivers due to appear at the 2014 Festival of Speed, along with the vehicles they will be bringing up the 1.2-mile Goodwood hillside, are available at www.goodwood.co.uk.

Call for Chichester workplaces to get everyone pedalling

A CHALLENGE has been thrown down to workplaces in the Chichester area to get their staff cycling.

The 2014 Cycle Challenge, which is taking place in the Chichester district, runs from Monday, July 1 to Sunday, July 13.

It is a free competition for workplaces to enter to see who can get the highest proportion of employees to ride a bike for 10 minutes.

The purpose of the event is to get more people cycling more often, and encourage more cyclists to give a try, whether for fun, exercise or work.

Chichester Cycle Challenge Manager, Alan Lacey-Cook, said: "It is a free challenge in which any business can get the highest proportion of its staff taking part over the three weeks."

"The objective is to get people riding for 10 minutes or more, as it is a great challenge for cyclists of all abilities."

The event has been running in Chichester for the past three years.

In that time:

- 1,614 participants have cycled 1,614 miles – almost five times around the world;
- 4 million calories have been burnt off; and
- 100 new cyclists have taken part since the first time in a year or more.

Employers such as Balfour Beatty, the University of Chichester and Horwath & May Ponds have already signed up to Chichester, while the likes of NHS and PwC Chichester Services have entered as finalists.



Chichester Cycle Challenge: Chichester Cycle Challenge Manager Alan Lacey-Cook (second from left) with staff from Chichester.

Organisations with three or more staff are welcome to compete on a company against other smaller local employers.

Individuals who live in the Chichester area are welcome to take part and can win prizes. Everything is recorded online via the event's website, so when organisations return to join in and celebrate by their own rules.

Registration is simple and only takes a minute, while it only takes 10 minutes to log

a ride.

The event is supported by West Sussex County Council and Chichester District Council.

County Council Cabinet Member for Highways and Transport, Peter Mudge, said: "A healthy workforce leads to increased productivity, lower sick days and greater well-being."

"Cycling is great for your happiness, health

and eating habits, too. Every time you jump on a bike you are replacing a car journey."

"Previous challenges have been successful in encouraging new cyclists to have a go, many of whom become regular cyclists afterwards."

For more information about the Chichester Challenge – or to register – visit either www.bonnet.co.uk/chichester

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LOWERY, the popular jeweller based on Chichester's North Street, specialises in diamond and precious-metal jewellery. Lowery always keeps a range of unusual and branded second-hand jewellery but they are also keen to expand on their range of second-hand watches. Their second-hand watch brands range from Longines, Patek, Rolex, Patek, Cartier, Vacheron and thousands of other brands.

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different types of occasions.

Lowery also carries out alterations for men and women. They also have a full repair service specializing in re-mounting out of date jewellery.

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Last call for businesses to join the Great Sussex Bath Race

A DOZEN top Sussex businesses including British Airways, Bentley Motors and Virgin Atlantic have agreed to sponsor the Great Sussex Bath Race and organisers are making a last call for businesses to enter the charity race on 26th July.

Stamonts entrepreneur, pilot and adventurer, Paul Langston, based for leading Bear Grylls tortle retreat of Mt Everest and managing his Atlantic Ocean world record mountain parachute flight in 2007, is organising the event to raise funds for two Sussex charities, Life Centre and Queen's Trust House children's hospice.

"We have just eight places left for what will be a day of creativity, adventure and fun, whilst raising over £100,000 for two very special charities – organisations up and down the county put forward a team of four to participate," said Paul Langston.

There for many years dreams of organising an exciting, one-of-a-kind race to raise money for charity and we have succeeded thanks to the support of the most successful businesses in the county and around the world.

Teams of four will be provided with both tools and equipment to build a raft on the day and then paddle up and down the river and other teams on foot, with the winner going forward to grand final race in the afternoon for the Great Sussex Bath Race trophy.

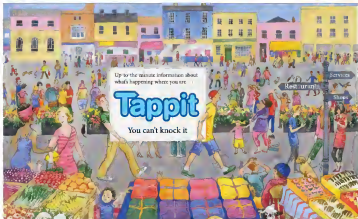


Businesses entering a team are asked to pay an entry fee of £500 and a minimum of £1,000 in sponsorship for the charities and can bring all guests to enjoy musical entertainment, food and drink and live outdoor cinema all day on Sunday 26th July 2013 at a private site near to Chichester.

Other organisations already signed up include Puma Group, Sussex Police, Garmoth, Costa Leisure, Jellies Pools, B. J. Jones & Poles, Bullfinch, Parnell Park with Pigeon Poetry and many more. The project is also being supported by local businesses including the Creative, Richard J. P.

Colman, Angles, Eastern Leadership Academy, The Coast Club, Tenby, and 14 other local businesses providing help and support.

Find out more at www.greatsussexbathrace.co.uk and follow on Facebook and Twitter @GreatSussexBathRace



Arts & Entertainment

Reviews

Man of Steel (3D) (12A)

by David Thompson

Running time: 153 mins
Director: Zack Snyder
Starring: Henry Cavill, Russell Crowe, Amy Adams, Kevin Costner, Diane Lane, Michael Shannon, Laurence Fishburne, Christopher Meloni, Michael T. Russell, Ajay Devgn, Cooper Andrews, Dylan Sprayberry, Amy Adams

Impressively directed and hugely entertaining, Zack Snyder's action-packed Super movie not just has all the right buttons, with terrific action sequences, superb performances, a strong script, state-of-the-art special effects and a wonderful new score from Hans Zimmer.

What's it all about?

Directed by Zack Snyder (300, Watchmen) and produced by Christopher Nolan, Man of Steel is a Super hero movie about a boy who is a Superman reborn. Following news reports of a young Superman, the film begins in the dying planet Krypton, with Superman's father, Jor-El (Russell Crowe), who gives his son the yellow suit. Jor-El sends him to Earth (he's not the first to do so) and he is raised as Clark Kent (Henry Cavill) in a small town. Clark is then sent to Metropolis (the city) and he is raised as Clark Kent (Henry Cavill) in a small town. Clark is then sent to Metropolis (the city) and he is raised as Clark Kent (Henry Cavill) in a small town.



Clark is a hero in the Phantom Zone before Krypton explodes.

Clark's story is told in a way that is both a homage to the original Superman and a new take on the character. The film is a tribute to the original Superman, but it is also a new take on the character. The film is a tribute to the original Superman, but it is also a new take on the character. The film is a tribute to the original Superman, but it is also a new take on the character.

reporter Lois Lane (Amy Adams), who's first encounter with him is a bit of a disaster.

The Good

Henry Cavill gives a perfect choice as Superman. Clark is a boy who is a Superman reborn. Following news reports of a young Superman, the film begins in the dying planet Krypton, with Superman's father, Jor-El (Russell Crowe), who gives his son the yellow suit. Jor-El sends him to Earth (he's not the first to do so) and he is raised as Clark Kent (Henry Cavill) in a small town. Clark is then sent to Metropolis (the city) and he is raised as Clark Kent (Henry Cavill) in a small town.

Man of Steel is a movie that is both a homage to the original Superman and a new take on the character. The film is a tribute to the original Superman, but it is also a new take on the character. The film is a tribute to the original Superman, but it is also a new take on the character.

The only real problem with the film is the underwritten relationship between Clark and Lois. The film is a tribute to the original Superman, but it is also a new take on the character. The film is a tribute to the original Superman, but it is also a new take on the character.

Verdict

Man of Steel is a movie that is both a homage to the original Superman and a new take on the character. The film is a tribute to the original Superman, but it is also a new take on the character. The film is a tribute to the original Superman, but it is also a new take on the character.

Midsummer music and munchies - Celebrate National Picnic Week

NATIONAL Picnic Week takes place from July 1-7 and there is a perfect opportunity to celebrate and take part by attending the Midsummer Music Festival on Friday and June 7. The Midsummer Music Festival is a celebration of the summer season and it is a perfect opportunity to celebrate and take part by attending the Midsummer Music Festival on Friday and June 7. The Midsummer Music Festival is a celebration of the summer season and it is a perfect opportunity to celebrate and take part by attending the Midsummer Music Festival on Friday and June 7.



successful evening. "It's a lovely evening, it's a fun, lively evening full of music, entertainment and people enjoying the Country Centre. There are lots of bands and acts playing on the stage, and there are lots of people who are coming to the event. It's a lovely evening, it's a fun, lively evening full of music, entertainment and people enjoying the Country Centre. There are lots of bands and acts playing on the stage, and there are lots of people who are coming to the event.

So pick them picnic baskets, make up your mind and get ready to enjoy the summer with your friends and family. It's a lovely evening, it's a fun, lively evening full of music, entertainment and people enjoying the Country Centre. There are lots of bands and acts playing on the stage, and there are lots of people who are coming to the event.

The event takes place from 11am to 5pm and it is a perfect opportunity to celebrate and take part by attending the Midsummer Music Festival on Friday and June 7. The Midsummer Music Festival is a celebration of the summer season and it is a perfect opportunity to celebrate and take part by attending the Midsummer Music Festival on Friday and June 7.

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Send your answer and include your full name, address and a contact phone number to competitions@chichesterherald.co.uk. One lucky winner will be selected at random. Closing time is Tuesday 25th June 2013 at midday. The winner will be notified later on that day.

• Last weeks winner is Ashley Mundy from HAILING ISLAND

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May of 2013, Chichester Herald is celebrating its 10th birthday. We are celebrating our 10th birthday with a special offer. We are celebrating our 10th birthday with a special offer. We are celebrating our 10th birthday with a special offer.

Tales from a Concorde pilot



ANITA H. CHICHESTER (left) delivers an evening of stories, Air ACES, will be holding their latest round of talks next week – and it's one not to miss!

Tales from a Concorde pilot is on Monday night June 20, 2011 with a special talk from Mr Thomas Woodhouse. The talk will start at 7.00pm.

This will be one of the best talks of many, by one of the best aviation speakers.

Mr Thomas Woodhouse, who was a Senior Concorde Pilot at Britishair, will be telling amazing stories about Concorde, his life as one of the Concorde pilots, the people he met and who is involved as Concorde, including many photographs and diaries.

He will also talk about places where Concorde went and some details as to being on a Concorde experience. The talk

will be illustrated using photographs and films of Concorde itself, and the places that Concorde has been to, too many to mention here.

That truly is a talk that everyone will want to see.

That talk will be part of the 2011 Festival of Chichester, and tickets are now available. Don't miss out – get yours NOW!

That is yet another talk to Concorde talk by the last remaining Air ACES – the Air Talk Round! These talks are not only for air-minded folk, but for everyone.

Tickets are only £5 for members, £5 for guests to non-members.

Tickets – on sale now – are available from the Chichester Festival Box Office, at the Chichester Cathedral Shop or by telephoning David on 01243 786600.

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10.00 Wings of Desire (PG) 10mins + 1hrs by
Casse (Dr A. Case)
12.45 Open Heart (PG) 10mins + 1hrs

Mon 29 June
10.30 Something in the Air (PG) 10mins
12.45 The Great Gatsby
14.45 Song for Marion (PG) 10mins
16.30 BT Excess: The Audience

Tue 30 June
12.45 Henry 8 from Shakespeare's Globe
Theatre
15.00 BT Excess: The Audience
17.45 Something in the Air
19.30 BT Excess: The Audience

Wed 1st July
12.45 Something in the Air
15.00 BT Excess: The Audience



Chichester: Mr Woodhouse is sharing his story

Thu 2nd July
10.30 BT Excess: The Audience
12.45 BT Excess: The Audience
14.45 BT Excess: The Audience
16.30 BT Excess: The Audience

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Nutrition labels to make it easier to eat healthily

EATING HEALTHY has been made a little bit easier as a new standard nutritional label has been launched today by Public Health Minister Anne Sweeney.

The colour-coded labels show that people can eat up and down by the different nutrients found in food. The new label aims to make it easier for people to make healthier choices.

The standard system will include both traffic light colour-coding and numerical information to show how much fat, saturated fat, salt, sugar, and calories are in food products.

Today, MARS UK, Nestlé UK, PepsiCo UK, and Premier Foods have announced that they will join the major retailers – including Sainsbury's, Tesco, ASDA, M&S, the Co-Operative and Morrisons – in using the standard label on their products. Manufacturers like McCain Foods – which already uses traffic lights – will be using the standard label too.

Public Health Minister Anne Sweeney said: "The UK already has the largest number of products using a traffic light label in Europe but we know that people get confused by the variety of labels that are used. Research shows that, of all the current schemes, people like the traffic light scheme and they can use the information to make healthier choices."

"We will have a responsibility to tackle the challenges of obesity, reducing the food industry. By having all major retailers and manufacturers report up to the common label, we will all be able to see at a glance what our food – that is why I want to see more manufacturers reporting up and using the label."

Obesity will put the cost of the NHS billions of pounds every year. Making small changes to people's diet can have a big impact on their health and could stop people getting serious diseases – such as heart disease – later in life.

People will be able to see the colours to understand the levels of nutrients in the food they are eating. The labels are not designed to discourage foods with lots of salt but to help people consider what they are eating and make sure it's part of a balanced diet.

People will also be able to see the levels of calories in the food and use that information to help them decide if they are eating a healthy meal.

Which?'s consumer director, Richard Lloyd, said: "For years Which? has been asking for food companies to use traffic light labels so we welcome this step forward towards making it easier for consumers to make healthy choices. With levels of obesity and diet-related diseases on the increase, it's



vitally important that people know what is in their food, and the labelling scheme will ensure a food comparison to do so more to reduce the amount of sugar, salt and fat in people's products.

"We hope that more food manufacturers will join the scheme so that their labels will be consistent and comparable to those on the front of the standard ones, please." As part of the government's work to reduce obesity levels, the Department of Health is working with industry, through the Responsibility Deal, to get business taking action to reduce the amount of calories, salt and sugar in food. The government fear of junk food will be a new Responsibility Deal plan to cut food and drink companies out steps up to and deliver.

Susan O'Rourke, Chief Executive at the British Heart Foundation, said: "This is undeniably a first-class scheme that will make it easier for shoppers to scan the label and make more informed choices about what they eat in their trolley."

"High levels of diet-related chronic diseases in the UK, and many heart diseases, mean it's essential we know what our nutrition. Food is helping us people make healthy choices."

"We're delighted all the major supermarkets are committed to the scheme and look forward to seeing food manufacturers joining up."

Consumers that have signed up to using the new label today already commit to more than 60 per cent of the food that is sold in the UK.

Half now 'walk down' food because we're too busy to eat

ONE IN TWO Brits don't have their food properly – because they are so too much of a rush, it has been revealed. Researchers found 50% of us 'walk down' food as a form of exercise so we can get on with other things such as meetings, commuting or looking after children.

The study also found, astonishingly, the average adult consumes ALL their meals in a total of just six minutes each day, gulping breakfast in just 30 seconds, lunch at night and dinner in 10 minutes.

It also revealed, remarkably, one in three people, barely even notice the taste of the food, which passes their lips.

Francia Lander, founder of Conscious Food, who created natural digestive remedy D'Men, said: "We are constantly surprised by the lack of time and importance that people dedicate to eating."

"Half of those polled admitted that they should spend at least 10 minutes eating with mind but our research indicates that they are in fact eating all three meals in a third of that time."

"The only reason to highlight the need to address these issues and educate people on the importance of eating slowly and chewing food properly."

"Our lives have become increasingly hectic and it's clear that people are prioritising work and other commitments over taking time to sit down and eat mindfully."

"This immense problem results in an increase of people suffering with digestive issues which are easily preventable."

How to make the most out of wine's health benefits

EVERYONE, pretty much everyone, is aware that wine is good for you, its benefits are obvious. It's important that you choose wine with a balanced, healthy diet and that you drink with your doctor before you start drinking alcohol regularly. Red wine has been shown to reduce your risk of cardiovascular disease, improve digestion, stroke, cancer, and diabetes. Here's how to make the most of these health benefits.

Drink responsibly
"If you are a fan of wine, you'll want to see a glass of red wine a day and you are allowed to see two. Of course, you can't just get a glass of red wine and expect that as one unit, five glasses count as a glass of wine. If you consume more, the health benefits are wiped out by overconsumption and you will have consumed a lot of calories."

Choose your wine wisely
Drinking white wine, you'll miss out on all the health benefits from red, which are all based on the dark skin of the grape. It is also important to choose, in general, dark grapes for health benefits. However, all the antioxidants in red wine are not present in other forms of alcohol.

Proanthocyanidins are natural compounds, which have been shown to reduce the risk of heart disease. Levels of proanthocyanidins are especially high in wines from Bordeaux and South West France.

Cook with wine
From league tables, there are many recipes using wine for a good red wine. If you grill your food regularly, consider using



(or small amounts) and increase your chances of getting cancer. You can combat this by maintaining your BMI, keeping your red wine intake to the recommended level for you.

Enjoy a healthy lifestyle
The benefits of red wine are more likely to be realized if you drink it in moderation, if your diet and lifestyle are relatively healthy. Red wine may be a more healthy, proper, but it can't make up for an otherwise detrimental way of life. If you are a little alcohol, eat, you can consume and proper for example, but not as often, health is best.

Light consumption of red wine is known as a good stress reducer, and a much healthier option than grabbing an energy drink for a quick pick-up. If you are thinking of reaching for a can of Red Bull while studying for exams, a small glass of red wine will do a much better job at promoting feelings of well-being and decreasing tension.

Remembered
This compound, found in wine, has been

linked to anti-aging and longevity. It also reduces the "bad" cholesterol in your body, protecting you from skin aging up your cardiovascular system. Over moderate use, however, as with a slightly strong and healthy drinking, even though their data are possibly high in fat. The French eat more than 100 grams of red wine per person, but experience quite lower heart attacks.

Scientists have pointed to their habitual consumption of red wine. Even the children are often given wine, without doing so mindfully. If you consume it gradually and moderately into your diet, you can enjoy a healthy cardiovascular system.

Check out your health profile. However, if you're taking medication that shouldn't be mixed with alcohol or you have a family history of heart disease, it's best to avoid the bottle alone. Again, eat mindfully.

For all your drink supplies online and more, visit <http://www.wineonline.co.uk>.



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Orange juice - Not so pure?

SO, WE ARE now officially into the summer season! What do you see everywhere in the street today right now? Oranges! Lays, yes, beautifully packaged making your mouth water because it has that lovely fresh summer taste? I'll warn you: you're to blame for the beautiful drink, your nearest shop has to offer, you could murder someone today, right? It's what everybody makes you drink when you get out, or if you are feeling like you are getting the long-awaited cold. You must get that Vitamin C inside you, right? That juice must be like medicine or something, or that's what we are led to believe. And the labels are always about health benefits with the various answering out "100 percent natural", "100 percent concentrate" and "100 percent sugar".

And why not believe it? There's a reason to making the stuff, orange juice isn't something like blueberries, you squeeze oranges, and you get the juice in a minute, with or without the pulp. End of story and the beginning of deliciousness.

But what if you were informed that that 'freshly squeezed' juice of yours isn't very well in a year old, and has been subjected to stuff that would probably surprise you?

Ever wonder why you eat a lot of natural, healthy, 100 percent, not from concentrate



Denise Kelly

orange juice because to taste exactly the same, yet even slightly different depending on the brand. Juices containing no additives or preservatives whatsoever?

The process indeed starts with the oranges being squeezed, but that's the first and last normal step in the process. The juice is then immediately loaded in giant holding tanks and all the oxygen removed. That allows the liquid to keep without spoiling for up to a year. That's why they can distribute it just now, even when oranges aren't in season.

There's just one downside to the process (from the manufacturers' point of view, that is) 2 removal of all the taste from the liquid. So, now they're stuck with lots of extremely stale water that needs that sort of paper and little bit. There's a part here, orange juice purveyor? They find a solution by re-creating the liquid with a carefully

constructed mass of chemicals, which are mixed in with the orange juice companies that formulate CE and other products. Then they bottle the orange-scented paper water and add it to you.

And, thanks to a hospital at registration, they also don't even have to mention the famous pink chemicals in the list of ingredients. This is pure manipulation on a very high level. My advice would be to stop and buy those pure oranges from your local grocer and pass them yourself. That way you can guarantee the freshness, maximum and health benefits of this is season. Admittedly that.

Denise Kelly is a RANP (British Association of Nutritionists)



therapist) registered Metabolic Nutritionist Therapist. She writes Nutrition Programs for a variety of organizations and has a private practice in Chesham, West Sussex and is the founder of R.A. Fit Kids. Tel: 01243 981491 www.denisekelly.co.uk

Truth facts:

- * You can speed up the regrowth of a principle by standing it upside down on the leafy end!
- * Dark green vegetables include more vitamin C than light green colour vegetables!
- * Pineapples and avocados are both not a vegetable!
- * Oranges contain an antioxidant that helps fight the free radicals that damage our cells over time.

'Early death map' shows English health inequality

HEALTH AND SOCIAL health divide: Chilling study reveals premature death as 'postcode lottery', say the Daily Mirror reports.

The news is based on a new interactive map showing the variation in premature death rates across England.

The *Lancet* Long map, created by the new Organisation for Public Health England, reveals huge local variations by these premature death rates (death occurring before age 65).

The interactive map also enables users to compare these areas by five main causes of premature (and potentially preventable) death:

- cancer
- heart disease
- stroke
- lung disease, such as chronic obstructive pulmonary disease
- liver disease such as cirrhosis

The map, colour-coded map-matrix users know the connection between with local authority of a place, indicating a measure of socioeconomic deprivation.

Much of the media coverage of the new map was dominated by the striking contrast between large parts of the north, coloured red (poor health), and the affluent south, mostly coloured green (good health). However, there are also pockets of poor health in some southern areas, boroughs of London, and in the Midlands.

The interactive provided in *Lancet* Long across the Public Health Outcomes Framework. This uses records of deaths from

the Office of National Statistics.

The death rates are standardized to account for the fact that death rates are higher in older populations and adjust for differences in the age make-up of different areas.

There are likely to be a number of reasons for the differences seen. These could include variations in factors such as poverty, obesity, alcohol consumption, and smoking. These four factors are often interrelated.

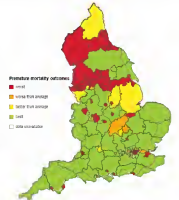
Historical factors, such as the decline of the manufacturing industry, mean that poverty is more prevalent in some areas of the north of England. The same is likely to be true in the areas of poor health in the south, where port cities such as Southampton and Portsmouth have been affected by their sea-facing importance as a maritime trading nation.

However, there could be more complex factors at work, including the social, economic and cultural context as well as environment, education, housing, and so on.

Despite some of the more hopeful reporting – such as the *Daily Mail* claiming: "This chart of Manchester turned an early grave" – where you live does not directly determine your life expectancy.

You can reduce your risk of premature death, wherever you live, by:

- quitting smoking if you smoke
- taking plenty of exercise
- eating a healthy diet
- trying to maintain a healthy weight
- moderating your consumption of alcohol



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Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letters to help solve the word grid by each square.



Last week's solution:



Wordsquare



It is possible for words to be found in every square of a wordsquare. In this grid, each word must use the same letter and at least 3 letters, and letters may be used only once. This means you should always choose words in groups of four, but words chosen in 3s is also permitted. There is one letter used to be found.

New words:

10 words - average
20 words - great
30 words - very good
35 words - excellent

Last week's solution:

None, but we do get words from letters: N, R, Q, L, Y, L, A, E, E. But we don't have any words that use all four letters.

Sudoku

Fill in the grid so each row, column and each of the 3x3 boxes contains the digits from 1 to 9.



Last week's solution:

Last week's solution:
None. Good job! So far, try!

Double Crossword

Choose either quick or cryptic clues.

Cryptic Clues:

Across:

1. Filling in the last few squares of the crossword (6)
2. They grow in the ground (6)
3. What one has to do to be late (6)
4. Planted in the ground (6)
5. To move (6)
6. To move (6)
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25. To move (6)
26. To move (6)

Down:

1. Full of the last few squares of the crossword (6)
2. They grow in the ground (6)
3. What one has to do to be late (6)
4. Planted in the ground (6)
5. To move (6)
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26. To move (6)

Quick Clues:

Across:

1. To move (6)
2. To move (6)
3. To move (6)
4. To move (6)
5. To move (6)
6. To move (6)
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25. To move (6)
26. To move (6)

Down:

1. To move (6)
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26. To move (6)



Circlegram

Recreate the grid with words. A letter in the grid can be used for more than one word. The words are represented by the numbers in the grid.



Last week's solution:

The letter H is the only letter that appears in the grid. The letter H is the only letter that appears in the grid.

Alphamiddle

Arrange the letters in the grid to make a word that reads across and down. The letters have been placed to help you.



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Home & Garden

Top tips for decorating your child's bedroom

CHLORINE often get the short straw when it comes to headlines – they're often given the smallest case, if any, decreed to not have really changed; it isn't high on anyone's agenda, except on the left.

But of all the members of the family, children probably spend the longest in their bedrooms, playing and sleeping, so householder G-Downy/Downs believes they deserve to have a comfortable, relaxing environment to call their own.

Moving is a great time to rethink how you use your rooms, and Hallerby has come up with a lot of tips to help homeowners get the most out of their child's room, so every member of the family is happy in their new home.

3. Think of a theme
If you keep to a unified theme then the room will look well planned and a mother breeding children in the deniers, making process also means they will feel more ownership over the room and will happily have more positive learning if they Dragons and princess, woodland scene, castles or a favourite cartoon character run with a child's imagination and be used to bring together the different elements of the room

That's essential because, let's face it, most children are mean and will leave.

their tops scattered all over the floor. A big way to save or attract attention at the foot of the bed is easily accessible and looking good. Alternately, under the bed storage will save space, and specially designed boxes on casters are very easy to use. If storage boxes are decorated in a fun way, or keeping with the bedroom, you can make cleaning up part of a routine.

3. Feature bed
A feature bed is often a cause of upset, a feature bed such as a cow-shaped bed or bunk bed can be useful to help children to sleep. A novelty bed can persuade your child that bedtime is exciting and fun and for older children a bunk bed with a workstation, underneath is ideal for homework or playtime.

Small people need small chairs and the right furniture can be an important factor in helping your child to feel as comfortable as possible in their own space. Bookshelves are cheap and good fun for lounging around and children's chairs at the correct height are a must if they need to sit at a table to work.

5 Nightlights
Many children are afraid of the dark, and a night light is the perfect solution to bedtime tears. You can use night-lights in

a range of styles and designs, from simple plug-in ones that give a profile glow to beautiful lamps with Danish character, such as Wacora (see [Picks](#)). All night lights have to meet high safety standards but ensure you purchase a reputable make so you know it's safe to leave in the room with your young children.

• **Washable paint:** Most new little kid's rooms are to be creative but not all over their bedrooms walls. Vinyl silk, semi- or matt finish emulsion paints can be more cost effective than wallpaper and some are designed to be wiped down too. Think about colour as well – traditional baby blues or pinks might be your first thought, but research suggests that bright colours and bold patterns can stimulate young minds and keep small children entertained.

• **Chalkboard/Corkboard**
Paint or chalkboards are brilliant for letting children be creative. Special paint can be applied directly onto the bedroom wall, which can then be used as a chalkboard, marking the hours for hours of responsibility. A corkboard is also a good idea and can be used to display your children's work and pictures. Corkboards are a classic addition to the master and have left no surface beakline near, custom

FOLGFW UN DM TWITTER 



and photo-terrells. But always make sure your child is properly supervised when using pins or tools: craft-knives are not recommended for young children.

—*J. Natalie Foxman*

Little kids sometimes mean big spills, so it's important to have suitable floor coverings that won't be ruined by accidents. Carpet tiles are easy to lay and replace, and most tiles and vinyl floorcoverings are hard wearing and can be stepped on. Rugs are also a good idea, as replacing them when they wear out is much cheaper than buying a new carpet. Rugs can also make bedrooms feel more grown-up for older children and, for younger ones, reinforcing street maps on decorative and also a focus for play with toy cars.

Procter & Gamble's Consumer Marketing Director at Bellway Homes, says: "Expense is the main reason parents avoid tidying their children's rooms, but a carefully selected theme with a few well-chosen and inexpensive pieces can create a stunning result."

"Above all, if parents involve their children in the decision making process when choosing the decor of their room, it might make a difference in how they use their bedrooms, and even encourage them to have a hobby."



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'Help to buy' your dream home

LEADING

HOUSING CHURCH Charities is giving the regional property market a real boost with its new Home Share offers on new homes in West Sussex.

Properties are now available from only £20,000, supported by the new Help To Buy scheme.



Desirable homes in a popular village

Willow Edge, in the village North Wittered, is a stunningly designed range of homes, just a mile and half from the centre of Eborac Regis.

Right now, Church Charities is offering a three bedroom 'bungalow' style home, with a triple aspect living room, open plan dining kitchen and a master bedroom with an en-suite shower room for just £20,000.

For those looking for more space, the five bedroom 'Villa' is the one to see. An excellent value over three floors includes a generous first floor lounge and master suite with fitted wardrobes and dressing area, all for £20,000.

All of the homes are built to the extremely high Church Charities standard and specification, carefully designed to be in harmony with their surroundings.

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'30 years' to save house deposit

WONDERFUL RESULTS

concentrated by housing charity Shelter shows that people in their mid-life have been locked out of home ownership, meaning a generation will be stuck renting for longer.

The study looked at mortgage, house prices, rents and spending on amenities in local authorities across the country to show the extent of the challenges faced by households wanting to save up for a deposit to buy a home in their area.

Nationally, it found that couples who start a family in their 30s could be saving for a deposit for 30 years - nearly double the time faced by childless couples.

In some cases this could mean their children would be in secondary school before they own a home.

Couples without a child live on average of around a half year of saving, and about double that across London. On paper, single people have the greatest chance to house ownership.

A single person could need more than 34 years to save enough for a deposit unless they can find a partner, tapping into a partner's income or having down time with their parents will also add time.

The report also reveals dramatic regional variations in the time it takes first-time buyers to afford different parts of the country.

In nearly two-thirds of areas in England (66%), couples with a child could live over



a decade of saving for a deposit for a home of their own. London is badly affected - with single people facing an average of 30 years of saving, while couples with children face 34 years.

Housing minister Mark Prisk said: "In fact, the evidence shows that affordable housing has improved under this Government, with housing at its most affordable since 2009 and the highest number of first time buyers since 2009. We are building 270,000 new affordable homes across England, and have introduced a pledged campaign to help people move on to end up the housing ladder."



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ALDWICK

£145,990

A one bedroom one bathroom apartment in the grounds of the Royal Esplanade and enjoying some of the best views in the area. The property is a one bedroom one bathroom apartment with a large garden, double garage, and a swimming pool. The property is in excellent condition and offers a great opportunity for a family or as a holiday home. The property is in a quiet private estate with access to the beach. The property offers an excellent investment opportunity or a home for sale. The property is a one bedroom one bathroom apartment with a large garden, double garage, and a swimming pool. The property is in excellent condition and offers a great opportunity for a family or as a holiday home.

LV's top eight whiplash whoppers

DISPUTE RESOLVER accident rates, compensation claims for whiplash and other personal injuries have hit epidemic proportions.

Car crash insurers now receive applications for whiplash every day and it is estimated that up to half of these claims are exaggerated or fraudulent.

Here are the top 8 whiplash whoppers to date.

1. **The Teatoad Trundleer** LV's received a car insurance claim from a third party claiming the toddler daughter was injured when she tumbled onto the back of her car. The lady later posted on Facebook that she'd been in a car accident that day and it had shaken her up. When a concerned friend enquired after her daughter, Mrs P replied that she was very relieved that her daughter had a bump on the car at the time. When challenged with this information, also quickly changed her story. The claim would have cost LV's six extra Cagney's but the claim has not been denied.

2. **The Silver Stream Showman** When it claimed that she had to cancel her holiday as the badly injured a whiplash injury and was unable to travel, she had to cancel her holiday. LV's also wanted to claim for the cost of the entire holiday. When asked how she had been injured, Mrs P replied that she'd got whiplash after jumping back to her car after it being a hijack

point-out of the water - while at the same time watching LV's of P.m. 30. Claim amount requested: £1,000.

3. **The CCTV Cameraman** When Mr C, a call for such accident, claimed on his broken in front of a van he did not realise that his advice was being sought on camera. The van below the car CCTV cameraman who had installed a video camera in his van gave advice. When the vehicle collided, the camera had a clear view of the inside of the car showing that there was no driver and no passengers. However, when Mr C submitted his claim for compensation, he claimed that there were several other people in the car who were all injured. When challenged with the footage, he quickly disappeared. The total value of this claim was £20,000.

4. **The Whiplash Fighter** Mr P claimed that he was suffering severe whiplash after his car crashed into the back of his vehicle. He claimed that his long-term wife was injured and that his sister had said he would be out of action for several months and would have to give up the job. He explained that this was a particular problem for him as he was a professional boxer. A quick internet search revealed records of him competing in the ring a mere months after the alleged collision, where he was well enough to win matches. Difficult to say he quickly withdrew

his claim and give up the fight. This claim would have cost LV's six extra Cagney's but the claim has not been denied.

5. **The Luxury Goodie** Mrs L claimed that when she was injured in her accident the impact had been so severe that it had broken her Goodie sunglasses. When asked for proof of ownership, Mrs L said it was a pair of broken sunglasses she had bought on eBay for £10. However, when her presentation, our team advised that the sunglasses were not genuine and therefore worth less than the cost of the pair to be replaced. Mrs L, then claimed that she had a Poshie handbag at the scene of the accident, which would have to be replaced. She submitted a hand written receipt for this handbag which turned out to be just another poor quality fake. Claim amount requested: £1,000.

6. **The Baby Banger** A woman who had recently given birth claimed she had been in a car accident and sustained whiplash while her infant was sleeping. On inspection of her medical records, it transpired that she could not possibly have been in the car as she was in hospital giving birth at the time. This claim would have cost LV's six extra Cagney's.

7. **The Two-Parts of Lagen and a Tall Story** The claimant, when Mr T saw a deer knock off a truck and the police being called, he saw

his opportunity to claim. Mr T claimed that he had been driving past the truck, which was moved by LV's, when the deer had fallen onto the car. He wanted £10,000 compensation for vehicle damage and personal injuries. When LV's checked the police report, it transpired that there was no accident had not been driving at all but had been as driving in a poor position with a clear view of the road. Mr T had no fact given over and talked at length about the accident he had witnessed and they needed his name as the report.

8. **The Permanent Property** Mr P claimed that he had been hit by a car that was owned by LV's and requested compensation for his expenses and the damage to his vehicle. When LV's insurers reported the vehicle they found that the car had not been in a collision at all and that Mr P had simply crashed the car into a wall. When he did not realise that the damage from the wall was much higher than a car bumper and the damage quickly gave him away. When challenged on point, Mr P admitted that he had collided with the other vehicle, colliding a witness statement from him. He later admitted he had had under the car and was forced to pay for property, which resulted in a criminal sentence. The total value of this case including legal costs was £10,000.

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Cricket

City go down in narrow defeat

LEADERS BOASTED UP
PRIMEIR DIVISION
CHICHESTER RACON

The game saw the home side win a hard-fought game by net 23 runs after being put in by Cheltenham and being held to one for seven by Peter Joyce making 55 but it was an unfinished last wicket stand that swung the game in Don Smith's favour as he and Cheltenham's Junior Rodman took 3 for 95 and Ashton Turner 3 for 95. Turner then shared with the bat and was last out for 105 as the visitors were dismissed with five overs to spare for 181. Matt Vernon taking a five in

DEFINITION 1

Mobiles were their second League game of the campaign, with a five-wicket margin at Bold when they put us and bowled out for 49 with Freddie Hanley taking 5 for 40, top scorer was Clayton Calverton who made 40 not out.

But Collins then made a great effort to take Middleman home at midlife when necessary.

11/10/2018 11:00 AM
 11/10/2018 11:00 AM

Both Killingsworth and Shalanda was there games in Division 3 West; with a gap now opening up between the top two and the rest.

Billingshaver was by 6 weeks at Mahanoguch Green with 21 females. Billingshaver's 70 and Mike's 50 weeks 44 not out feeding them past the horse white's also. y. Alonzo Mahanoguch Green

Armed men were sworn in for Orlando who studied law in a room. Armed men put out all out in Anthony Butler took 3-yr. Son Hamilton's 7-yr out out new Orlando was made

Palumbo made most of the running at



Shielded but was eventually yanked by the home side's last pair. Ferguson set Shielded off to work after Mott made 113. Despite 68 from Tim Caplan Shielded were known to be on at 40-0.

Lastly, Roger Faga and Harfield drew Faga's twisted rope mainly thanks to Ben Taylor's pullington. Magellan tank # 62 through Harfield drew on 100-2.

Goodwood's Ambassador wins first major golf title.

2012 Rose, Gloucestershire global golf ambassador has claimed her first major title at the very 1st Open at Birkens and becomes the first Englishwoman to win the historic championship since Fanny Jerdon in 1899.

The Klingbehnman model's sensational final round of 70 to finish two clear of Phil Mickelson and Jason Day and as the process move up to third place in the World Golf Rankings.

The Ryder Cup star joined forces with Golf At Goodwood earlier this year as their touring professional and Lord March was one of the first to speculate on him.

"It was a remarkable and well deserved trophy for Justin, he has been an exceptional representative for Goodwood throughout the polling world. He visited Goodwood just last month and conducted a clinic for our farming junior section and I know they were thrilled and inspired to spend some time with him."

"We certainly look forward to welcoming him here throughout the year with his family and those in a place where he can relax and feel at home."



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